

HEALTHY YOUTH NEBRASKA:

ADDRESSING RISKS, RESILIENCY & BARRIERS TO SUCCESS

**Monday,
September 15, 2014**
Midtown Holiday Inn,
2503 S Locust Street,
Grand Island, NE 68801

7:45am—4:15 pm

\$35.00 Registration Fee
will cover all materials including
conference CD, continental
breakfast, lunch and refreshments

CEU's offered
for nurses, social workers and
mental health care providers

KEYNOTE SPEAKER: DR. JEFF PERRY, SUPERINTENDENT, WISE COUNTY PUBLIC SCHOOLS, VIRGINIA

CREATING HEALTHIER BODIES AND MINDS

LUNCH SESSION

RACHEL'S CHALLENGE is a national non-profit organization dedicated to creating safe, connected school environments where learning and teaching are maximized. Based on the life and writing of Rachel Scott, the first victim of the Columbine tragedy in 1999, Rachel's Challenge provides a continual improvement process for schools designed to awaken the learner in every child. Rachel's Challenge motivates and equips students to start and sustain a chain reaction of kindness and compassion that transforms schools and communities.

BREAK OUT SESSIONS:

BARNGA! An interactive session that will increase your cultural intelligence and better prepare you to communicate with diverse co-workers, clients, and patients.

IMPACT OF STRESS ON THE BRAIN AND THE NEED FOR A HEALTHY BALANCED LIFE Young adults who abuse drugs and experience excessive stress will cause damage to both the actual structure of the brain and to specific neurological pathways needed for problem solving, creativity, rational thought. This damage can never be repaired once it occurs. This session is designed to explain why excessive stress and substance abuse will have such an incredible and irreversible impact on brain development within teenagers and young adults.

MINDFULNESS MATTERS Parents and youth-serving professionals are inundated with media reports of youth behaving badly online – stories of cyber stalking, sexting and cyberbullying can lead many caring adults to wish that youth would leave digital life altogether. However, as digital spaces and interactions have become seamlessly integrated into many young people's lives, they can also be powerful sites for young people's psychological and social needs to be fulfilled. This session encourages caring adults to recognize the possible motivations behind young people's problematic digital interactions, affirm the real and complex needs of youth, and assist young people in finding healthier ways to fulfill their needs, both online and off.

WORKING WITH LGBTQ YOUTH This presentation is designed to help professional staff and teachers develop a deeper understanding of the current issues both in school and society that impact the learning environment and self-efficacy of Lesbian, Gay, Bi-sexual, Transgender, Queer (LGBTQ) youth. The presenter begins by covering basic terminology and concepts surrounding sexuality, gender, and identity, and then moves into exploring the current barriers in school and home that affect LGBTQ students. By pinpointing these barriers, participants and the presenter can begin to explore ways to combat bullying and discrimination while also building support systems.

**SPONSORED BY: NEBRASKA DEPARTMENT OF EDUCATION,
NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES, & YWCA ADAMS COUNTY**

HEALTHY YOUTH NEBRASKA:

ADDRESSING RISKS, RESILIENCY & BARRIERS TO SUCCESS

SEPTEMBER 15, 2014

MIDTOWN HOLIDAY INN, GRAND ISLAND, NE

7:45-8:15

REGISTRATION/CONTINENTAL BREAKFAST - GRAND ROYAL ROOM

8:20-8:30

WELCOME & INTRODUCTIONS - GRAND ROYAL ROOM

8:30-10:00

KEYNOTE: CREATING HEALTHIER BODIES AND MINDS

DR. JEFF PERRY - GRAND ROYAL ROOM

10:00-10:10

BREAK

10:10-11:25

BREAKOUT SESSION 1

- **BARNGA!** - ISLANDER
- **IMPACT OF STRESS ON THE BRAIN & THE NEED FOR A HEALTHY BALANCED LIFE-** AMBASSADOR
- **MINDFULNESS MATTERS** - GOVERNOR
- **WORKING WITH LGBTQ YOUTH** - EXECUTIVE

11:30-12:00

LUNCH - GRAND ROYAL ROOM

12:00-1:00

LUNCH SESSION - RACHAEL'S CHALLENGE - GRAND ROYAL ROOM

1:10-2:25

BREAKOUT SESSION 2

- **BARNGA!** - ISLANDER
- **IMPACT OF STRESS ON THE BRAIN & THE NEED FOR A HEALTHY BALANCED LIFE** - AMBASSADOR
- **MINDFULNESS MATTERS** - GOVERNOR
- **WORKING WITH LGBTQ YOUTH** - EXECUTIVE

2:25-2:40

BREAK

2:40-3:55

BREAKOUT SESSION 3

- **BARNGA!** - ISLANDER
- **IMPACT OF STRESS ON THE BRAIN &THE NEED FOR A HEALTHY BALANCED LIFE** - AMBASSADOR
- **MINDFULNESS MATTERS** - GOVERNOR
- **WORKING WITH LGBTQ YOUTH** - EXECUTIVE

3:55-4:15

EVALUATION

CONFERENCE OVERVIEW

TARGET AUDIENCE

The Healthy Youth Nebraska: Addressing Risks, Resiliency & Barriers to Success Conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, persons from community-based organizations, members of the faith community, social workers, parents and public health professionals.

LODGING

A block of rooms has been reserved for conference participants at the Midtown Holiday Inn, 2503 S Locust, Grand Island, NE:
\$83 plus applicable taxes per room per night

To make your reservations, please call the hotel at (308) 384-1330

Room Block Name: Nebraska Department of Education
Cutoff date for the room block is AUGUST 29, 2014

ACCREDITATION

A total of **6.5** contact hours will be available for nurses, social workers and mental health practitioners. Sign-up to receive CEUs when registering online.

This program meets the criteria of an approved continuing education program for mental health practice.

FOR MORE INFORMATION

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-OR-

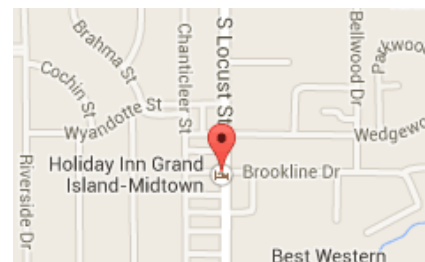
Michaela Meisner

Adolescent Health Program Manager
DHHS – Division of Public Health
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REGISTRATION INFORMATION

- Use the following link to register for the conference:
<http://ne.gov/go/hyn2014>
- All participants **MUST** register individually online. No faxed, emailed or mailed registrations will be accepted.
- Check or credit card accepted. Indicate payment type when registering online.
- Make checks out to DHHS or Department of Health and Human Services, include conference name on memo line.
- Checks will be collected at the door or may be sent to:
Mai Dang
DHHS Lifespan Health Services
Maternal Child Adolescent Health (MCAH)
PO Box 95026
Lincoln, NE 68509-5026
- **NO REFUNDS FOR CANCELLATIONS**
- REGISTRATION DEADLINE: **SEPTEMBER 8, 2014**
- To accommodate the temperature variations at the conference, please dress in layers or bring a sweater or jacket. Casual dress is appropriate.

DIRECTIONS



MIDTOWN HOLIDAY INN, 2503 S LOCUST, GRAND ISLAND, NE

Driving Directions: From the East or West follow I-80 to Exit 314. Go North on S. Locust St. 5 miles to the Midtown Holiday Inn at 2503 S. Locust St.

SPONSORED BY



HEALTHY YOUTH NEBRASKA: ADDRESSING RISKS, RESILIENCY & BARRIERS TO SUCCESS MONDAY, SEPTEMBER 15, 2014